



MARIKINA 2023
PALARONG PAMBANSA

Carag@ld

The Land of Endless Possibilities



VOL. 1 NO. 4



The Official News Publication for Palarong Pambansa 2023



Caraga's Escalicas Clinches Gold Medal in Para Games Finals in Visually Impaired Category

Honey Grace Buyan



In the photo: Escalicas (left) poses for a photo with his coach, Ejada (right), after winning the gold in the Para Games Finals

Marikina City, August 3 - Palarong Pambansa 2023 witnessed an inspiring and heartwarming moment as Caraga athlete Christian Dil Escalicas secured the Gold Medal in the Para Games T-13 category, showcasing the true spirit of determination and excellence. The event occurred in a fiercely competitive atmosphere where athletes with disabilities showcased their exceptional talents and skills.

Escalicas, a visually impaired athlete, demonstrated unparalleled skill and dedication in the 100-meter visually impaired boys' T-13

category earning him the top spot on the podium. His remarkable achievement not only showcases his triumph but also inspires countless others, proving that anything is possible with dedication and perseverance.

Caraga's support and belief in their athlete proved instrumental in Escalicas' success. His coach, Maria Luisa M. Ejada, played a pivotal role in his training, refining his techniques and guiding him throughout the competition. Ejada's coaching expertise and Escalicas' determination enabled the young athlete to shine on the national stage.

The Palarong Pambansa 2023 Para Games, a platform designed to celebrate the talent and skill of athletes with disabilities, brought together competitors from various regions of the Philippines. The event provided an inclusive and supportive environment where participants could showcase their abilities and challenge societal barriers.

Christian Dil Escalicas' triumphant performance at the Para Games signifies a sporting victory and sends a powerful message of resilience and determination, breaking stereotypes and promoting inclusivity in sports.

Paradox of the Unathletic

By Pedro A. Tecson



Ah, they say sports is a great equalizer of society. When it is played on the court or in any sporting arena, we see no rich nor poor, more fortunate or less – because all we see is the skills and the willpower to win, which everybody has inside, including the unathletic among us.

If an alien visits earth and watches a basketball game, he or it might be wondering why on earth these overgrown adults are chasing balls and each other and do it repeatedly until somebody rings the bell and then stop. Imagine what this alien might think if he watches a boxing match, a soccer game, or chess!

You and I are not aliens, or are we? We see sports as human beings. We

see the same things on the court, yet we enjoy it differently, depending on which side we are rooting for. For instance, an overheard conversation went like this: “You know what, I do sky diving, body building, and mixed martial arts,” said the skinny one. His friend retorted, “What? Are you nuts? How on earth are you doing it with your fragile body?” But the skinny guy replied, “Well, I do it via remote control and watch it on TV.”

While the athletes dazzle us with their incredible abilities, the unathletic ragtag team like us proudly display our unrivaled aptitude at choosing the most comfortable spot on the couch. Even though our sports knowledge is a mishmash of YouTube

highlights, reels, or Instagram short videos, we became instant boxing experts everytime Manny Pacquiao lost a fight. Right? We could explain to the last detail why he lost – while staying in the couch like a potato.

As the world holds its breath during nail-biting matches, we unathletic folks grab our popcorns with the same intensity, praying that no clumsy fingers send them flying all over the living room. Oh, the agony of watching our team lose when we have spent hours crafting intricate game-day superstitions, from wearing mismatched socks to eating chicken wings with our eyes closed.

But you know what? We, the unathletic, can make every game alive with our shouts and cheers and, yes, moral support to our favorite teams or athletes. It is our forte, our contribution, if you will. Without us, who will they be playing to? And who will pay them? Right?

So, to all my fellow unathletic sports fans, let us raise a glass to our devotion to the game, our unrivaled ability to discuss numbers and strategy, and our unrivaled mastery of doing nothing while feeling profoundly invested in the outcome. May we continue to be the most raucous, proud, and entertaining fans in the stadium of our lives, cheering on our favorite teams from the front row of our couches.

Go, CARAGOLD!

Caraga Athletes Año and Lucas Grab Silver and Bronze Medals in Kyurogi

Glaisa A. Lloren

Caraga's sporting prowess shines bright as local athletes Viness Dawn S. Año and Christinna Aceey Ynnah Lucas bring home silver and bronze medals for the region, respectively, in the highly competitive Kyurogi competition during the Palarong Pambansa 2023.

Año's adept technique and strategic prowess in the Fin Category for girls were on full display as she faced off against the formidable opponent from Region 6 both vying for gold. As the match commenced, Año's swift movements and poised stance reflected her readiness to take on the challenge. Her opponent wasted no time, launching a series of powerful kicks aimed at scoring points. Año's defensive skills were put to the test as she deftly blocked and evaded each attack, showcasing her agility and tactical acumen.

Año's opponent, determined to regain control, intensified her offensive onslaught. Despite her opponent's relentless attacks, Año's focused demeanor and calculated responses showcased her seasoned expertise. With a combination of well-timed punches and strategic kicks, Año succeeded in securing additional points, demonstrating her adaptability and resilience.

As the match entered its final moments, Año found herself locked in a fierce point-for-point battle. With the scoreboard displaying a close margin, the tension in the arena was palpable. Año's opponent seized an opportunity and managed to land a skillful headshot, tipping the balance in her favor and securing the decisive points needed to clinch the gold medal. As the final buzzer sounded, Año's valiant efforts culminated in a well-deserved silver medal for Caraga.



In the photo: Lucas (blue) dominates the second round with a straight-forward strategy aiming for the opponent's head (red)

Meanwhile, the Elementary Level Category 3 for girls saw Lucas's impressive performance and unwavering determination. After facing a setback in the best-of-three match yesterday, Lucas proved her mettle by delivering a stellar performance that earned her a place on the podium.

Facing a formidable opponent, Lucas entered the ring with a strategic mindset, determined to make a strong comeback after losing the first round of the match. The first round saw a tightly contested exchange, with Lucas adapting to her opponent's style and rhythm. Despite her best efforts, she narrowly fell short in the initial round, with the scoreboard reflecting her opponent's lead.

Undeterred by the setback, Lucas entered the second round with renewed vigor. Demonstrating impressive resilience, she

employed a combination of defensive maneuvers and precise counterattacks. With a heightened sense of anticipation, Lucas managed to turn the tide of the match in her favor, securing vital points and clinching the second round decisively.

As the match entered its final round, Lucas and her opponent were locked in a fierce battle for supremacy. The intensity of the competition escalated, as both athletes exchanged rapid kicks and strategic strikes. While Lucas fought valiantly, her opponent managed to secure crucial points, creating a point gap that proved difficult to close.

Despite the final-round defeat, Lucas's remarkable performance throughout the match earned her the bronze medal.

(continue to page 5)

Caraga Dominates Boxing Results with Three Qualifying for Silver Round

Honey Grace Buyan

Caraga region showcased its boxing skill during the thrilling matches at Palarong Pambansa 2023, with three talented young boxers securing their spots in the silver round. The event, which took place at Marikina City Hall, witnessed intense clashes among junior and youth boys, leaving spectators on the edge of their seats.

In the Junior Boys Light Flyweight division (46-48kg), Region 8's Carlo Lusuegro and Caraga's Jevan Galanto battled fiercely inside the squared circle. Both fighters demonstrated impressive skills and determination, but Jevan Galanto from Caraga emerged unanimously, showcasing his technical strength and agility.

The Junior Boys Light Bantamweight (50-52kg) category brought excitement as Caraga's Manuel Acedera faced off against Region 1's Wynn Dionne Agbulos. However, an unfortunate twist occurred in this bout as Region 1's



In the photo: Amparo to qualify for silver after winning the bout

representative, Agbulos, had to concede the match due to an injury, granting Manuel Acedera a walk-over victory.

In the Youth Boys Minimum Weight division (46-48kg), Caraga's Brian Amparo clashed with Region 8's Remark Bohol in a thrilling contest. The bout was closely contested, with both fighters showcasing their determination and skill. However, Brian Amparo from Caraga

emerged triumphant, securing a split-decision victory in a nail-biting showdown.

With their impressive performances, the three Caraga boxers - Jevan Galanto, Manuel Acedera, and Brian Amparo - have qualified for the silver round of tomorrow's fights. Boxing enthusiasts eagerly anticipate these young talents continuing their winning streaks and giving their best in the forthcoming bouts.

(from page 4... on Caraga Athletes Año and Lucas)

Her ability to rebound from a challenging start, adapt her tactics, and execute precise techniques reflected her dedication to the sport and her remarkable mental resilience.

The Kyurogi competition, a showcase of skill and precision, demanded the athletes to harness their strength and agility to outmaneuver their opponents. Año and Lucas rose to the challenge admirably, leaving an indelible mark on the event.

Both Año and Lucas expressed their gratitude to their families, porters, and especially their respective coaches, Claudine A. Talo

and Miraflor A. Demain, who stood by them throughout their arduous journey to the Palarong Pambansa. Their successes serve as a source of inspiration, highlighting the potential that Caraga's athletes possess when provided with the right guidance and opportunities.

As news of Año's silver medal and Lucas's bronze medal reverberates through Caraga, the region joins together in celebrating their victories and anticipating a future where Caraga's sporting stars continue to shine brightly on the national stage.



In the photo: Año poses for a picture after securing the Silver Medal

Caraga Delegation Secures Victory in Palarong Pambansa 2023 Elementary Girls Volleyball Semi-finals

Rodrigo H. Madelo Jr.



In photo: Rayco's powerful spike secures another score for Caraga region

Caraga delegation emerged triumphant against Region 1 in the Palarong Pambansa 2023 Elementary Girls Volleyball Semi-finals, held today, August 3, at the Our Lady of Perpetual Succor College Gymnasium.

In a highly anticipated match, the Caraga delegation showcased their exceptional skills and determination on the volleyball court, defeating Region 1 with a remarkable display of teamwork and talent. The atmosphere was electric as both teams vied for a spot in the championship match, but it was Caraga who emerged as the victors.

Leading the charge for Caraga was the talented player #11, Xyz Ellen G. Rayco, a shining star from Talisay Central Elementary School SPED Center. Her outstanding performance on the court earned her the title of the best player of the game, leaving spectators in awe of her skills and prowess.

In a post-match interview, Rayco humbly revealed that she has been training in volleyball since Grade 2, showcasing her unwavering dedication to the sport. She attributed their success to the

crucial skill of proper setting, which played a pivotal role in securing their win against Region 1. The young athlete expressed her dream of one day participating in the prestigious University Athletic Association of the Philippines (UAAP) women's volleyball tournament, showcasing her ambition to excel in volleyball beyond the Palarong Pambansa.

Rayco's heartfelt prayer after the victory was for God to grant all athletes of the Caraga delegation the strength to fight and win the ultimate prize – the Caragold. Her passion and faith undoubtedly inspire her teammates and fans alike.

Assistant Coach Herbert S. Mirador also shared his thoughts after the game, emphasizing the significance of the entire delegation's prayers and support for their journey to the finals. He acknowledged that the team's preparations for tomorrow's championship match will be crucial, and they would need to stay focused and well-rested to compete at their best.

As the Caraga delegation looks forward to the championship

match scheduled for tomorrow at the Marikina Sports Center, excitement and anticipation fill the air. The entire nation eagerly awaits witnessing another display of thrilling volleyball action between Caraga and their championship opponent.

The Palarong Pambansa is a prestigious annual national multi-sport event that celebrates the best young athletes from various regions across the Philippines. This year's competition has been nothing short of extraordinary, with young talents like Xyz Ellen G. Rayco inspiring and uplifting the spirit of sportsmanship and camaraderie.

As the Caraga delegation prepares for the finals, their indomitable spirit and dedication shine brightly, and they carry the dreams and hopes of their region. Sports enthusiasts nationwide eagerly await the grand finale, where Caraga's finest will compete for the ultimate prize, aiming to become champions in the Elementary Girls Volleyball category of the Palarong Pambansa 2023.



In photo: Volleyball prodigy Xyz Ellen G. Rayco proudly exhibits her four 'Best Player of the Game' certificates

Wushu Wonder: Pineda Shines with Knockout Win

Rodrigo H. Madelo Jr.

In a stunning display of skill, Airelou J. Pineda of Caraga emerged victorious with a knockout in the 3rd round against Region 5 during the Palarong Pambansa 2023 at Vista Valley Covered Court in Marikina.

Representing the powerhouse region of Caraga, Pineda entered the Vista Valley Covered Court with nerves of steel and a fire in her eyes. With her coach, Melody A. Aum, by her side, Pineda faced a formidable opponent from Region 5 in a match that was highly anticipated by fans and fellow athletes alike.

Coach Aum, admitted to feeling a few butterflies in her stomach as she watched her protégé take center stage. "It's natural to feel nervous during such a high-stakes match," said Coach Aum. "But I knew Airelou was ready. Her dedication and hard work in training have been outstanding."

From the opening bell, it was evident that both fighters were eager to prove their mettle in the prestigious national sporting event. Pineda showcased an impressive array of Wushu techniques, displaying a level of precision and finesse.

As the rounds progressed, the match intensified, with each fighter determined to gain the upper hand. Pineda's strategic brilliance and composure under pressure set her apart, and it wasn't long before she saw an opening in her opponent's defense.

In the third round, Pineda seized the moment and unleashed a powerful strike that found its mark, sending her rival from Region 5 crashing to the canvas. The crowd erupted in thunderous applause as Pineda

secured a sensational knockout victory.

With this resounding win, Pineda has now earned the opportunity to compete for the silver medal in the Wushu Girls Secondary category. Pineda is leaving no stone unturned in her preparations for the final showdown. Pineda's unwavering dedication and relentless training have instilled confidence not only in herself but also in her entire support system. Tomorrow, August 4, the nation will witness a final showdown of epic proportions as Pineda takes on the best in her category, aiming to etch her name in Palarong Pambansa history.

The entire Caraga delegation is united in their support for their young star, and they believe Pineda has what it takes to ascend the podium with pride. Her success thus far has served as an inspiration to young athletes in Caraga and beyond, proving that

with determination and the right guidance, dreams can become reality.

As the countdown begins for the silver medal match, Pineda's journey to this stage highlights the significance of hard work, sacrifice, and a passion for the sport while remaining focused and composed. Her coach, Aum, has played an instrumental role in her development as an athlete, and her support has been invaluable on this path to success.

Tomorrow's finals promise to be an unforgettable moment, not only for Pineda and Caraga but for the entire nation, as they unite to cheer on their rising Wushu star. With the entire DepEd Caraga delegation, her family, friends and the whole community behind her, Pineda is poised to deliver yet another extraordinary performance on the grand stage of Palarong Pambansa 2023.



Photo source: Richard Pineda

In photo: Pineda (blue) knocks out her opponent (red) in an intense clash after a minute of the bout

Caraga Delegates Receive Generous Supplies from AQ Marketing and Rex Education for Palarong Pambansa 2023

Honey Grace Buyan



In the photo: Team Lamdag beaming with joy as they receive the bountiful supplies.

Marikina City, August 3, 2023 - The AQ Marketing and Rex Education greeted the delegates representing the Department of Education (DepEd) Caraga region at the Palarong Pambansa 2023 with a pleasant surprise as they received abundant essential supplies—the much-needed provisions expected to support the athletes and coaches throughout the prestigious sporting event.

The generosity of AQ Marketing was on full display as they handed over an array of supplies, including 478 pieces of loot bags, 373 pieces of Calcheese, 373 pieces of Biogenic Alcohol, 11 boxes of Fresh Milk, five boxes of Alaska Powdered Milk, four boxes of Hair works, and 15 boxes of bottled water. The delegates expressed their gratitude, recognizing the significance of these items in ensuring their comfort and well-being during the competition.

Rex Education supported the Caraga contingent by providing 173 Duffle bags for athletes and 77 Duffle bags for coaches. The

durable and spacious bags are expected to aid the athletes in carrying their sports gear, while the coaches can keep their essential equipment organized for practical training sessions.

The representatives of DepEd Caraga conveyed their heartfelt appreciation to AQ Marketing and Rex Education for their unwavering support. The companies' contributions display corporate responsibility and a meaningful gesture of encouragement to the young athletes participating in the games.

The Palarong Pambansa is an annual national multi-sport event where student-athletes from different regions across the Philippines showcase their athletic talents. With these valuable supplies, the DepEd Caraga delegates are well-prepared and motivated to compete at their best during the Palarong Pambansa 2023, aiming to bring glory and pride to their region.



Boxing Competition: An Opportunity to Shine

Rebecca T. Montante



In the photo: Boxers from Agusan del Norte (from the left) Carlito Semblante, Jummar Cordova, Lorenz Kit Pallares, and Brian Amparo.

In the city of "salakot" and "camisa chino" in the Philippines that bordered north of Quezon and south of Pasig, the 2023 Palarong Pambansa in a boxing competition provides an avenue for young boxers from Caraga Region as young as 11 a unique opportunity to serve flag and country, and at the same time take a shot at a better life.

In a country where many young people drop out of school due to poverty, DepEd athletic competitions can provide some alternatives. But the choices of parents and children are not easy, because boxing is a violent sport. Studies show that head trauma could lead to long-term injuries. However, the event competition gives the young Caraganon boxers a chance to stay in school, avoid failure in life, and, depending on the impact of their performance, escape poverty through hefty paychecks in

professional sports.

This grassroots development program attracts boxing enthusiasts from 11 to 16 years old from all walks of life. There is no requirement except a willingness to engage in boxing. The young boxers are the tournament managers and coaches who serve as the scouts for them to qualify in the said competitions at divisional, regional, and national levels.

"It is difficult to teach a child bravery and respect in competitions," said Butch Dediles and Crisencio Escabusa, Jr., both the Caraga Delegation coaches commented. "But technique and tactics are easy."

The five boxers of Agusan del Norte Division, namely Mike Clifford Tesoro, Brian Amparo, Lorenz Kit Pallares, Carlito Semblante, and Jummar Cordova. During the Regional Sports

Competition, the said boxers followed the standard weight requirements, and the winners received rewards accordingly: the Gold Medalist receives 50,000.00 each from the Provincial Governor, Ma. Angelica Rosedell M. Amante, while the coaches receive Php 5,000.00 each. The rewards and incentives motivate the young boxers and coaches to compete in the Palarong Pambansa 2023 in Marikina City.

As amateur boxers, they get to compete in school-level divisional and regional competitions. And if they win in the Palarong Pambansa, they can participate in international competitions, like the ASEAN games and possibly the Olympics. And this could open an opportunity to be offered contracts by national and international boxing promoters.

"My main goal in supporting these young boxers from Buenavista, Agusan del Norte, is to produce the Olympic Gold," said Hon. Joselito T. Roble, Municipal Mayor, one of the main sponsors for the financial assistance of the boxers.

But there is also a strong temptation to turn professional because it pays more. However, Mayor Roble tries to dissuade his boxers from going professional too early and instead pursue the amateur path to represent the flag and country. The training they earn in school and the training camp also provide a fallback in case their boxing careers would not progress.

In Marikina, the Caraga boxers will receive an additional incentive of Php 10,000.00 for every win, courtesy of the generous Mayor Roble. Whether they win or lose, they can already take pride and honor as a participant to the 2023 Palarong Pambansa, Mayor Roble stated during an interview.



Caragold

The Land of Endless Possibilities

MARIKINA - HOST CITY



MARIKINA 2023
PALARONG PAMBANSA

CARAGOLD EDITORIAL STAFF

Editor In-Chief | Pedro A. Tecson

Associate Editors | Honey Grace Buyan, Glaiza A. Lloren,

Rodrigo H. Madelo Jr., Domingo C. Nollora

Contributor | Dr. Rebecca M. Montante

For more information about our publication, contact us through our email and visit our website for more details. You can also follow and message us on our Official FB Page: DepEd Caraga Region for the latest news updates.